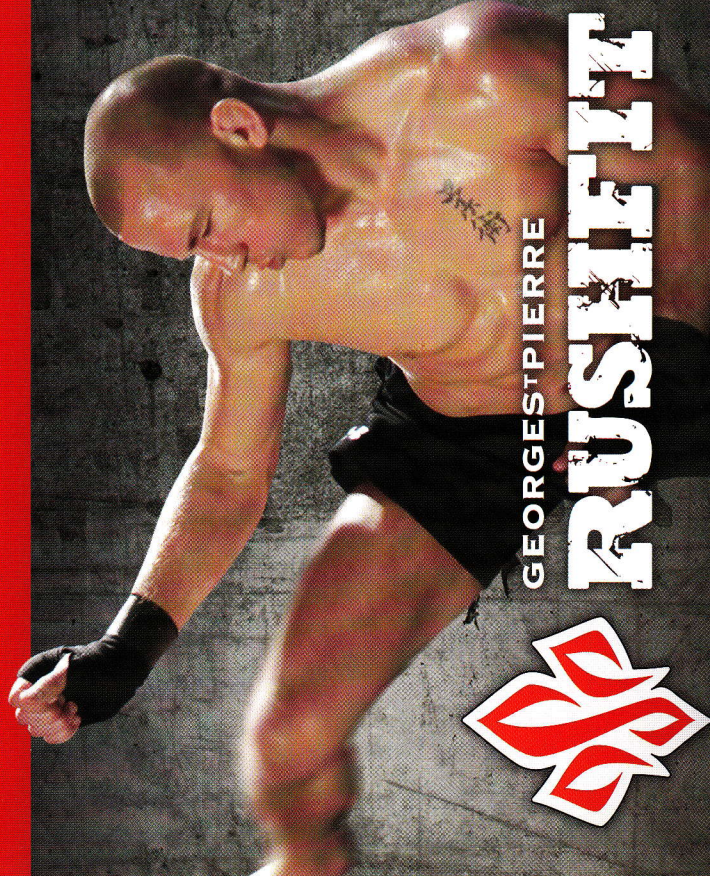




GEORGES PIERRE

RUSHFIT

BUILD MUSCLE, CUT WEIGHT & GET IN SHAPE.

**MAKE SURE YOU HAVE CHOSEN THE CORRECT PROGRAM FOR YOUR
LEVEL OF FITNESS – BEGINNER, INTERMEDIATE OR ADVANCED.**

This program has been carefully designed for you. Follow it carefully for the best results!

In just 45 minutes a day you will perform, feel and look better than ever. You'll gain strength, lean out, and resist fatigue in less time to get the best physique of your life.



“IF YOU WANT TO BE A CHAMPION, YOU NEED TO TRAIN LIKE ONE”
—GEORGES ST-PIERRE

BEGINNER TRAINING CALENDAR WEEKS 1-4

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Strength & Endurance Workout DVD	CARDIO*	Abdominal Strength & Core Conditioning DVD	CARDIO* + Stretch for Flexibility - Bonus Workout DVD	The Fight Conditioning Workout DVD	CARDIO* + Balance & Agility - Bonus Workout DVD	REST
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
Strength & Endurance Workout DVD	CARDIO*	Abdominal Strength & Core Conditioning DVD	REST	The Fight Conditioning Workout DVD	CARDIO* + Balance & Agility - Bonus Workout DVD	REST
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
Strength & Endurance Workout DVD	CARDIO*	The Fight Conditioning Workout DVD	Abdominal Strength & Core Conditioning DVD	CARDIO* + Stretch for Flexibility - Bonus Workout DVD	Full Body Strength & Conditioning DVD	REST
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
The Fight Conditioning Workout DVD	CARDIO*	Abdominal Strength & Core Conditioning DVD	Full Body Strength & Conditioning DVD	CARDIO* + Balance & Agility - Bonus Workout DVD	Strength & Endurance Workout DVD	REST

EQUIPMENT NEEDED
Dumbbells 2lbs. to 25lbs.

REMINDER
Review the Foundation moves prior to beginning each workout to ensure familiarity with the exercises and for a better workout experience.

***CARDIO INSTRUCTIONS**
Duration of your cardio session should be 30 minutes at medium intensity (*ZONE 3). You should feel refreshed, not exhausted like a workout.
For weeks 5-8, increase your cardio session to 40 minutes or more at medium intensity (*ZONE 3). You should feel refreshed, not exhausted like a workout.

Refer to page 15 of the Workout Guide to determine your specific training ZONE based on your age.

*Use the ZONE guide on the back of this calendar as a quick reference.

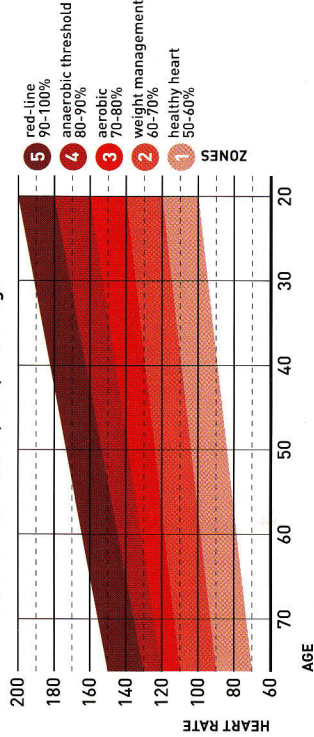


GEORGESPIERRE

RUSSETT

BUILD MUSCLE, CUT WEIGHT & GET IN SHAPE.

Maximum Heart Rate (MHR) = 220 - age



Refer to page 15 of the Workout Guide to determine your specific training ZONE based on your age.



"IF YOU WANT TO BE A CHAMPION, YOU NEED TO TRAIN LIKE ONE"

—GEORGES ST-PIERRE

BEGINNER TRAINING CALENDAR WEEKS 5-8

DAY 29	DAY 30	DAY 31	DAY 32	DAY 33	DAY 34	DAY 35
The Fight Conditioning Workout DVD	CARDIO* + Balance & Agility - Bonus Workout DVD	REST	Abdominal Strength & Core Conditioning DVD	CARDIO* + Stretch for Flexibility - Bonus Workout DVD	Full Body Strength & Conditioning DVD	REST
DAY 36	DAY 37	DAY 38	DAY 39	DAY 40	DAY 41	DAY 42
The Fight Conditioning Workout DVD	CARDIO*	Strength & Endurance Workout DVD	Full Body Strength & Conditioning DVD	CARDIO* + Balance & Agility - Bonus Workout DVD	Abdominal Strength & Core Conditioning DVD	REST
DAY 43	DAY 44	DAY 45	DAY 46	DAY 47	DAY 48	DAY 49
Strength & Endurance Workout DVD	The Fight Conditioning Workout DVD	CARDIO* + Stretch for Flexibility - Bonus Workout DVD	Explosive Power Training DVD	Full Body Strength & Conditioning DVD	CARDIO* + Balance & Agility - Bonus Workout DVD	REST
DAY 50	DAY 51	DAY 52	DAY 53	DAY 54	DAY 55	DAY 56
The Fight Conditioning Workout DVD	Abdominal Strength & Core Conditioning DVD	Full Body Strength & Conditioning DVD	CARDIO* + Stretch for Flexibility - Bonus Workout DVD	Strength & Endurance Workout DVD	Explosive Power Training DVD	REST and congratulate yourself! You are RUSHFIT!

EQUIPMENT NEEDED
Dumbbells 2lbs. to 25lbs.

REMINDER

Review the Foundation moves prior to beginning each workout to ensure familiarity with the exercises and for a better workout experience.

WHERE ARE YOU STARTING FROM?

Take the RUSHFIT assessment. Watch Georges St-Pierre at gsprushfit.com or see page 13 of the workout guide to fill in your assessment.

Send us your before and after photos, assessment videos and a summary of your 8 week RUSHFIT results to: results@gsprushfit.com